



Serves: 4

Nasi Liwet (Brown Rice Liwet)

Ingredients

- Brown unpolished rice 300g
- Nasi Goreng Paste 30g
- Egg 2
- Olive oil 1 tsp
- Salt ¼ tsp
- Pepper, a pinch

Tips:

- Use more water when cooking wholegrains, as wholegrains absorb more water than refined grains.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Wholegrain rice is higher in fibre and helps to control blood sugar and cholesterol.

Method

- Steam rice until cooked.
- Remove rice and mix with nasi goreng paste and season with pepper.
- Beat 2 eggs well and add in a pinch of salt and pepper.
- Heat 1 teaspoon of cooking oil and pour in the egg mixture to make a thin omelette.
- Roll the omelette and cut it thinly and mix it with rice.
- Clean the banana leaf and put the rice in the middle of the banana leaf and roll it up securing with toothpicks.
- Grill the wrapped rice in banana leaf in an oven for 5 to 10 minutes until fragrant.
- Ready to be served.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 241kcal
Protein 7.4g
Total fat (g and % of total calories)
6.6g (24.5%)
Saturated fat 1g
Cholesterol 106mg
Carbohydrate 38g
Dietary Fibre 1.4g
Sodium 628mg